



## *'Tis the Season of Change!*

The holiday season is always a bittersweet time of year. Many of us are able to spend time with family and reflect, while others experience a difficult time missing loved ones or fighting the cold. We hope that this holiday season brings you as much joy and happiness as possible as you prepare for a new year. The New Year brings new changes, resolutions, and for many, a revived sense of hope.

FAIHP has gone through many transitions and changes this year, which is both difficult and exciting. The agency has grown tremendously and continues to make progress in strengthening services for the community. Our newest change will be to say farewell to our Director of Behavioral Health Services, Suzanne Moineau, who will leave us on December 4th. Suzanne will be leaving the agency to help start up a new Mental Health Rehabilitation Center (MHRC) in Fresno County. She feels passionately about the services this organization will provide to individuals in desperate need.



Although Suzanne was only with us for one year, she helped the agency make great strides in organizing the new behavioral health department. From hiring team members for the new positions to writing policies and establishing workflow practices, she

has helped us further the department's progress significantly. She has also shared many laughs with us, and we will certainly miss her humor.

I want to share my sincere thanks to Suzanne, as well as to all the other team members who moved on from our agency this year. Each of them made important contributions to the community and to FAIHP and I appreciate each of them. I wish each of them well in their new adventures and much success in their future!

So although it is always sad to see a friendly face move on, I am also extremely excited at what the new individuals who join the agency will bring! We have a few new faces recently and are still seeking a few more. Please bear with us as we finish up the hiring and training process. We're focused on that so that we can start 2016 with a full team and revived energy, new ideas, and always the same strong commitment to serve the Native community.

With Respect & Love,  
**Jennifer Ruiz**  
FAIHP CEO



### INSIDE THIS ISSUE:

SoC Update	1
Clubhouse News	2
Nutrition News	3
Nursing Corner	4
CBANS News	5
MSPI Updates	6
Counselors Corner	7
Events	8
Calendar	9

The next Community Advisory Board meeting will be Monday, January 18, 10-12PM  
Please join us, your voice is important!

We are always looking for dedicated volunteers, if you would like to volunteer, please contact our office at 559-320-0490

## Youth News & Events!

### HAPPY FALL FROM CLUBHOUSE!

This month Clubhouse went on a field trip to the Community Garden in Woodward Park. When we were there Laura W (Community Garden/Care Coordinator) taught us all about the history of the garden and the history behind all of the growth the garden has seen. Laura taught us how to gather sage, how to respect

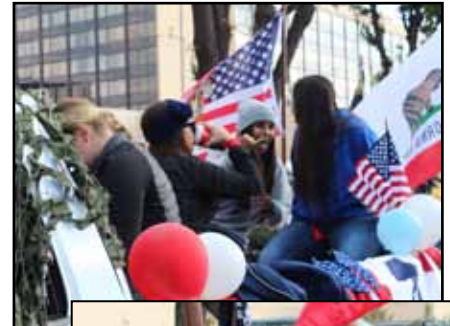
our Mother Earth, about elderberries, about rose hip, and about deer grass. Clubhouse youth were able to gather sage and acorns to take home to their families while learning all about Native medicine and the healing Mother Earth brings us. The Clubhouse youth are very excited for future field trips with their families and to practice traditional Native teachings. Thank you Laura for such a fun filled week and passing your wisdom along to our youth!

Nurse Nancy came to Clubhouse to read us her favorite Halloween story and decorate our pumpkins!

Clubhouse Youth came out to the Veteran's Day Parade to honor our Native Veterans that have dedicated their lives to protect us. FAIHP provided a float for

our community members and youth to ride on throughout the parade.

Thank you to every community member who came out along with FAIHP to thank all of these men and women that keep us safe every single day!



FAIHP and Fresno State have partnered to bring an awesome opportunity to our youth grades K-5. CSUF is offering a special class to their students to teach them new ways to help children learn based on each child's unique learning style. As part of the class, the students will tutor our native youth in reading and math. Youth will get much one-on-one time and the tutoring will all be done with cultural relevancy. The tutoring will take place on the campus affording our youth with an opportunity to have a "college" experience! This opportunity will start in January. Let us know if you are interested, space will be limited. Contact Nicole Bozzo at Clubhouse for more info! 559-320-0490





## Can you taste the Love?

Emily Kwong/KCAW photo

### Bringing Healthy Dishes to Gatherings Shows You Care

The problem with food is that it isn't just food. We all know that certain foods are "special." They are comfort foods. They remind us of certain people and memories, they settle us down, they cheer us up. We take a bite, then another. We can feel the love. But many members of our family and community have health issues that they need to manage with a healthy diet, or may have a goal to lose weight. Still, like many of us, when Josephine Ramon (Tohono O'odham) goes to gatherings, she often brings food she thinks everyone will really like. "I think about what they will like, instead of what is good for them."

But Josephine also remembers a gathering when someone brought a salad garnished with cholla (cactus) buds. These used to be common food but now they made the salad special. "It was just a regular green salad with cholla buds," says Josephine. She loved it.

The cholla buds are proof. You can put love in the food, have people really enjoy the dish, and have it be good for them. Debra Gunter-Lockhart (Eastern Cherokee/Hopi) says "When I go to a gathering and see healthy food, I feel great because someone was thinking about me."

Sara Garcia (Tohono O'odham) agrees. "I'm not supposed to have salt. So when there are dishes that don't have salt, I'm glad." Sara says she likes it when the food is unsalted, and those who want added salt use a salt shaker.

Could there be family members and friends coming to your gathering that might feel the same? We are still making not-so-healthy foods and bringing them to gatherings. Yet, if healthy foods are available, many people choose those and are thankful. Instead of fried chicken and macaroni and cheese, they would gladly choose roasted chicken, green salad, fresh fruit, beans without lard, sugar-free Jell-O, grilled fish, grilled veggies, squash soup, and any Native, traditional food.

So before you attend the next gathering, consider this: There is love in a cholla bud. There is love in a bowl of wild spinach, mixed with onion, tomatoes, and beans. And, there is love in bringing a healthy dish to a gathering, for all to share.

\*Article adapted from IHS article, Health for Native Life

### ZUNI SUCCOTASH (Serves 4-6)

- 1 lb. Venison or beef, raw, cut into small pieces
- 2 Tbsp. Corn oil
- 2 cups Onion, chopped
- 1 Tbsp. Chili powder
- 2 cups Tomatoes, diced, seeded, and peeled
- 2 cups Corn, fresh or frozen
- 2 cups Green beans, fresh or frozen, cut into 2" lengths
- 2 Tbsp. Sunflower seeds, raw, crushed Salt and pepper to taste



1. Heat the oil in a large deep skillet over medium-high heat.
2. Pat meat dry so it will brown properly.
3. Add meat, onion, and chili to skillet. Sauté until meat is lightly browned and onion is softened.
4. Stir in tomatoes, corn, and beans. Reduce heat to low.
5. Simmer for about 15 minutes, until meat is cooked and vegetables are tender.
6. Stir in crushed sunflower seeds and season with salt and pepper.
7. Simmer for another 15-20 minutes, until succotash has thickened. Enjoy.

## December 1st marks "World AIDS Day"

Did you know that there is now a daily pill that can be taken to actually reduce the rate of HIV infection which can lead to AIDS? Please take a moment and read the following information

from Centers for Disease Control, you may know someone with high risk factors for contracting HIV now, or you may know someone in the future. This is a huge breakthrough in the fight against HIV and AIDS.

**Approximately 1 in 4 gay, bisexual men; 1 in 5 people who inject drugs; and 1 in 200 heterosexuals should be counseled about pre-exposure prophylaxis (PrEP)**

A new report estimates that 25 percent of sexually active gay and bisexual adult men, nearly 20 percent of adults who inject drugs, and less than 1 percent of heterosexually active adults are at substantial risk for HIV infection and should be counseled about PrEP, a daily pill for HIV prevention.

PrEP for HIV prevention was approved by the Food and Drug Administration in 2012. When taken daily, it can reduce the risk of sexually acquired HIV by more than 90 percent. Daily PrEP can also reduce the risk of HIV infection among people who inject drugs by more than 70 percent. However, according to recent studies, some primary health



care providers have never heard of PrEP. Increasing awareness of PrEP and counseling for those at substantial risk for HIV infection is critical to realizing the full prevention potential of PrEP.

"PrEP isn't reaching many people who could benefit from it,

and many providers remain unaware of its promise," said CDC Director Tom Frieden, M.D., M.P.H. "With about 40,000 HIV infections newly diagnosed each year in the U.S., we need to use all available prevention strategies."

**PrEP is one essential component in the nation's high-impact prevention strategy**

While PrEP can fill a critical gap in America's prevention efforts, all available HIV prevention strategies must be used to have the greatest impact on the epidemic. These include treatment to suppress the virus among people living with HIV; correct and consistent use of condoms; reducing risk behaviors; and ensuring people who inject drugs have access to sterile injection equipment from a reliable source.





# AMERICAN INDIAN BEADWORK CLASS



**TUESDAYS & THURSDAYS  
5:30PM – 8:00PM  
AT FRESNO AMERICAN  
INDIAN HEALTH PROJECT  
1551 E. SHAW AVE., STE. 139  
FRESNO, CA 93710**

**DECEMBER 1. 8. 10. 15. 17. 22. & 29TH  
(CALL TO CONFIRM)  
CALL RUBEN GARCIA AT  
FAIHP FOR MATERIALS LIST  
ALL LEVELS OF EXPERIENCE  
WELCOME TO JOIN**

**• MUST PROVIDE OWN MATERIALS •  
CALL FAIHP TO RESERVE YOUR SPOT 559-320-0490**

Disclaimer: Any opinions, written or verbally expressed in this class do not necessarily reflect or are shared by FAIHP.  
If you have any questions, feel free contact FAIHP at 559-320-0490



# MSPI NEWS



NATIONAL FEDERATION OF FAMILIES  
For Children's Mental Health

memorials and being appreciative of all the sacrifices made for us.



In November FAIHP staff and two youth from our Youth Council Alexis B. & Tony F. attended the 26th Annual National Federation of Families for Children's Mental Health conference in Washington D.C. It was very

exciting traveling to our Nation's Capitol. This conference focused on Mental Health Awareness and how to effect changes in policies. They had a youth specific track and our youth representatives had a chance to meet youth from around the country.



Seeing the Whitehouse and Capitol Building was a treat for all. Lincoln's Memorial was very impressive as was Washington's Memorial. We were in awe of all

of the rich history that was all around us as we walked through the city.



The Smithsonian Museum of Natural History was really fun and educational.



Although this was a short trip it made a powerful impact on us all.



We tasked our youth to document the event and create a presentation for our community. The Native American Media Lab let them use new Surface Pro tablets to record their adventures.

After attending some great seminars we of course toured the Capitol. It was all of our first time to D.C. We visited all of the main monuments and memorials spending thoughtful time at the war



# EXPRESSIVE ARTS THERAPY



Appalachian State University defines Expressive Arts Therapy as "...the practice of using imagery, storytelling, dance, music, drama, poetry, movement, dreamwork, and visual arts together, in an integrated way, to foster human growth, development, and healing. It is about reclaiming our innate capacity as human beings for creative expression of our individual and collective human experience in artistic form. Expressive arts therapy is also about experiencing the natural capacity of creative expression and creative community for healing."

Throughout time immemorial mankind has relied on various forms of expressive practices and rituals involving art, music, dancing, images from dreams and song to arrive at meaning, guidance and healing among other things. Expressive arts is a natural way of doing therapy that honors and helps us to reconnect with our ancient wisdom traditions for direction and growth. For example, a 10 year old boy struggling with bullying might have dreamt that he was Lion chasing after a deer. Through Expressive Arts therapy, the boy might be invited to go out to a garden or in nature and become and act out the Lion from his dream. He may then be asked to become and act out the deer in his dream. By doing so, the boy may arrive at some insight as to how he may be feeling deep down inside (angry as depicted by the Lion and or victimized as depicted by the deer). The boy would then be invited to draw the Lion and the Deer as ask for their wisdom and advice through journaling or poetry writing techniques.

Those of us who work with Expressive Arts know the limitations of traditional linear talk therapy. Often times, regular words act as poor containers and carriers for the wounds of the soul. When we work with images from dreams or drawings, poetry, metaphor or body movement, we go beyond those limitations to invite the entire beingness of that person where words alone cannot enter. The answers and healing come from what Carl Jung, the famous Swiss Psychiatrist, the sacred center within, the "Archetypal or Transcendent Self." In psychotherapy, Expressive Arts therapy allows us to reach the center of our circle. It is then that we can arrive at the depths and roots of ourselves and branch out. Expressive Arts is something we look forward to incorporating into our treatment modalities to better serve the Native Community.



For more information on Expressive Arts therapy or on how to receive this form of therapy, or to sign up for counseling please contact Juan "Tony" Quintanilla, LMFT # 85178 at the Fresno American Indian Health Project.





**FAIHP**

Fresno American Indian Health Project

**presents:**

**Working with Your School District:  
Know Your Rights, IEP, 504 plans  
& Special Ed Laws!**



**Wednesday January 13th, 2016  
5:30PM to & 7:00PM  
at FAIHP**

***Speaker:***

**William Garnett, PHD**

**Assistant Professor at Fresno State University  
Department of Literacy, Early, Bilingual  
and Special Education**

**Fresno American Indian Health Project  
1551 E. Shaw Avenue, Ste. 139 - Fresno, CA 93710  
559.320.0490 - Fax: 559.320.0494  
[www.faihp.org](http://www.faihp.org)**



## DECEMBER 2015

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All events are subject to change. Please call for more info (559)320-0490



# FAIHP

Fresno American Indian Health Project

1551 E. Shaw Avenue, Ste. 139

Fresno, CA 93710

559.320.0490

Fax: 559.320.0494

**[www.faihp.org](http://www.faihp.org)**

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## Fresno American Indian Health Project

FAIHP is a nonprofit 501(c)3 organization and depends on support from the community. All donations are tax-deductible. If you or an individual or business you know would like to make a contribution they may do so by check.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

DONATION AMOUNT: \_\_\_\_\_

**Please make all checks payable to:**

Fresno American Indian Health Project

1551 E. Shaw Avenue, Suite 139, Fresno CA 93710.

### Our services include:

- Health Screenings
- Behavioral Health Services
- Alcohol & Drug Prevention
- Health Education Classes
- Public Health Nurse Home Visits
- Case Management
- Transportation
- Health Referrals
- Youth After School Program
- Nutrition counseling

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